prima

▪



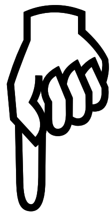
Home Bakery

Instruction Manual & Recipes

ABM 7

Use your loaf!

Please read the instructions
START HERE



INTRODUCTION

Your ***Prima Home Bakery*** is the result of Prima's many years of experience with bread making machines. Whether you have never made bread before or if you have made your own bread for years, the information in this booklet is essential if you are to obtain the best from your machine.

There are a number of key differences between manual bread making and machine bread making. It is best to approach the subject without any pre-conceived ideas or expectations.

This book has been designed to ensure that you get outstanding results right from the first loaf you make. There are a number of recipes included, which use all the various programmes and functions of the machine. These recipes have been designed to give you an instinctive feel for the machine. This will create a pattern of success that will eventually lead to your adapting or creating your own recipes. Indeed, you will probably find that most other recipes are variations of those found within this book.

PLEASE KEEP THE BOX AND PACKAGING

THE PACKAGING IS SPECIALLY DESIGNED TO TRANSPORT THE APPLIANCE SAFELY. IF YOU EVER NEED TO RETURN THE UNIT FOR A SERVICE IN THE FUTURE THERE IS A GOOD CHANCE IT WILL ARRIVE DAMAGED IF ANY OTHER TYPE OF PACKAGING IS USED.

• Important safety information.

Please read & retain for future reference.

- Please read through all the instructions before using the bread maker.
- Be sure to use suitable mains supply 220-240V ~ AC
- DO NOT touch hot surfaces during operation.
- DO NOT allow children to operate this machine unsupervised.
- NEVER place hands/fingers into the bread pan whilst the machine is in use.
- DO NOT immerse plug, cord or base in water or other liquids.
- DO NOT use the bread maker outdoors
- KEEP the bread maker at least 50mm away from walls or any other objects when in use.
- ALWAYS unplug the appliance when not in use or before cleaning.
- ALWAYS use on an even surface & check that the rubber feet have a secure grip.
- DO NOT allow power cord to hang over edge of counter or work surface.
- ALWAYS use two hands when moving the machine.
- CLEAN the outside of the bread maker with a damp cloth only. The bread pan should be cleaned after each use with mild detergent solution, rinsed and dried thoroughly.
- IF the unit is dropped or becomes damaged in any way, do not use but call Prima Service first (number at back of book).

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

PLEASE SAVE THESE INSTRUCTIONS

• ABOUT BREAD 1

Bread is one of the oldest foodstuffs we know. Soon after humans first learnt to plant seeds, bread became the staple food of many cultures world wide. Since then each culture has developed it's own method of making bread using local ingredients and processes unique to them. This trend continues today. Even pre-packed supermarket bread differs in taste and texture from country to country. No matter how varied the range of breads on offer in bakers shops or supermarkets, there is nothing quite like the warm fragrance and taste of fresh home-made bread.



Just a few of the ingredients available from local shops & supermarkets

• ABOUT BREAD MAKERS 2

With the continued success of the ***Prima Home Bakery*** it is nice to know that technology is actually helping to preserve the art of home bread making for generations to come.

Like most kitchen appliances, your bread maker is a labour-saving device. The principal benefit is that all the kneading, rising and baking is performed within a space saving, self-contained unit. Your ***Prima Home Bakery*** will easily produce superb loaves time and again provided the user follows the instructions and understands a few basic principles. Unless you enjoy eating breeze blocks, it is not wise to expect the machine to think for you. It cannot tell you that you've forgotten the yeast or that the flour was the wrong type or measured incorrectly.



Prima ABM7

• INGREDIENTS 3

The most important part of the bread making process is the wise selection of ingredients. You and your ***Prima Home Bakery*** will produce outstanding results with the right ingredients. Just apply this simple rule: Best ingredients - best results, poor ingredients - poor results. For example; if good yeast, good flour and cold water were thrown together and mixed in an old bucket the mixture would still rise! Nothing the bread maker does will prevent the dough from rising so if your loaf does not rise it is most unlikely that the bread maker is to blame. It is probably due to the ingredients. In order to save you time we have included information on each major element used in the making of bread which will enable you to obtain perfect results first time every time. See the appendix at the end of this book for a list of suppliers of quality ingredients.

• FLOUR 4

In bread making the most important element in the flour is the protein called gluten, which is the natural agent that gives the dough the ability to hold its shape and retain the carbon dioxide produced by the yeast. The term '*strong flour'* means that it has a high gluten content. It has probably been milled from hard wheat and is particularly suitable for bread making.

In the UK the taste and gluten content of flour varies with each brand. At **Prima** we use Allinsons Strong White, Strong Brown or Wholemeal flour for product testing because it gives consistently good results. Other good brands are Sainsbury's own brand, Hovis bread machine flour or McDougals strong white flour. Safeway's own brand of bread flour is also quite good. You may wish to approach your local mill for flour. If you do, be sure to specify that you require a fine ground flour with a high protein content if you want light well-risen loaves. See the appendix at the end of this book for suppliers of good quality flour.

• BROWN FLOUR (or FARMHOUSE FLOUR) 5

Brown flour contains about 85% of the wheat kernel. Much of the bran part of the wheat kernel has been removed. Loaves made with all brown flour tend to be smaller than white loaves due to the lower gluten content but there tends to be more flavour and texture to brown loaves. When buying this type of flour the strong, finely ground type will give better results in the bread maker.

• WHOLEMEAL OR WHOLE-WHEAT FLOUR 6

This type of flour contains all of the original wheat kernel including the bran; the tough outer skin of the wheat which is an excellent source of fibre. As with the brown flour, you should specify a strong fine ground variety when using your bread maker. The bran in the wholemeal flour inhibits the release of gluten so wholemeal loaves tend to be smaller and more dense than white loaves. However, the flavour is superb (try the honey wholemeal recipe). Your ***Prima Home Bakery*** has a special process for wholemeal bread, which devotes more time to the kneading and rising processes.

• YEAST 7

Yeast is the living organism that multiplies in the dough. It produces the carbon dioxide bubbles that make the dough rise. For bread making machines it is best to use the ‘Easy Blend’ dried yeast that comes in sachets. This yeast does not rely on sugar in order to ferment so it is easier to reduce the sugar content of your loaf without any adverse effects. Good brands of dried yeast are Homepride, Sainsbury’s, Hovis (7g sachet) or McDougals. Other supermarket own brands also give satisfactory results. Avoid yeast in tubs or tins as these tend to perform less well once opened. Sachet yeast is very sensitive to moisture so do not store part used sachets for more than a day.

• SALT 8

Salt adds to the flavour of the bread of course but it can also be used to slow down a particularly lively yeast.

• BUTTER (or fat) 9

Enhances the flavour and makes the loaf softer. Alternatives to butter are margarine or olive oil. Avoid low fat spreads as these may be as little as 40% fat and will not have the same effect.

• SUGAR 10

Sugar adds to the flavour of the bread and goes some way to making the crust go brown. Note: Most sachet yeasts do not rely on sugar to become active.

• WATER 11

Use soft water if you can but your ***Prima Home Bakery*** will still make good bread with hard water. There is often much debate on what temperature the water should be. The answer is simple. If you put your hand in the water and it feels cool then it's fine. There is no need to warm the water first. If you're worried the water may be too cold from the tap just leave it to sit for an hour in the kitchen before you use it. Making the water warm could kill the yeast prematurely. The ***Prima Home Bakery*** takes the guesswork out of bread making.

• OTHER INGREDIENTS 12

Other ingredients could mean anything from dried fruit, cheese, eggs, nuts or yoghurt to other cereals like rye flour, corn meal or any number of herbs and spices. It's up to you. There are a couple of things to consider for best results. Always be aware of the moisture content and adjust accordingly. Cont.

• OTHER INGREDIENTS cont.

Things like cheese, milk and fresh fruit contain quite a lot of water, which will determine the look of the finished loaf. At first you can stick to dry substitutes like Parmesan cheese, dried milk or dried fruit. As you become more proficient with the machine you will instinctively know whether the dough looks too wet or too dry and can add flour or water during the process. Remember to consider the salt content of the ingredients you add. Salt can slow down the yeast.

Finally, as a rule of thumb, if the added ingredients are wet like yoghurt or powdered like dried herbs they can go into the mixture at the start of the process. For things like nuts or dried fruit there is a time during the process where the machine will beep to let you know it’s time to add these to the dough mixture. Refer to the CYCLE TIME table so you know when to expect the beep.

• ENVIRONMENT 13

Last but not least of the ingredients is the environment in which the bread is made. The ***Prima Home Bakery*** will work well in a wide range of temperatures but there could be a difference of 15% in loaf size between a very warm room and a very cold room. **Do not site your bread maker in a draughty part of the house.** The machine will offer some protection to the dough against draughts but it does have limits. If the humidity in the room is high this too could affect the loaf. As a general rule, if the room is comfortable for you it will be comfortable for your bread maker.

• STORING YOUR BREAD 14

Homemade bread contains no artificial preservatives. However, if you store the bread in a clean, air-tight container in the refrigerator it should keep for 5-7 days. The bread is also good to freeze but allow finished loaves to go cold before placing into a polythene bag and storing in the freezer.

• CHECK THE ACCESSORIES 15

At this point it might be a good idea to familiarise yourself with the bread maker and setting the controls.

When you unpack your Home Bakery you should have the following items:

4 kneading blades, (2 large & 2 small). This represents 2 sets of blades, each set comprising one small & one large kneading blade. **Keep the spare set in a safe place.**

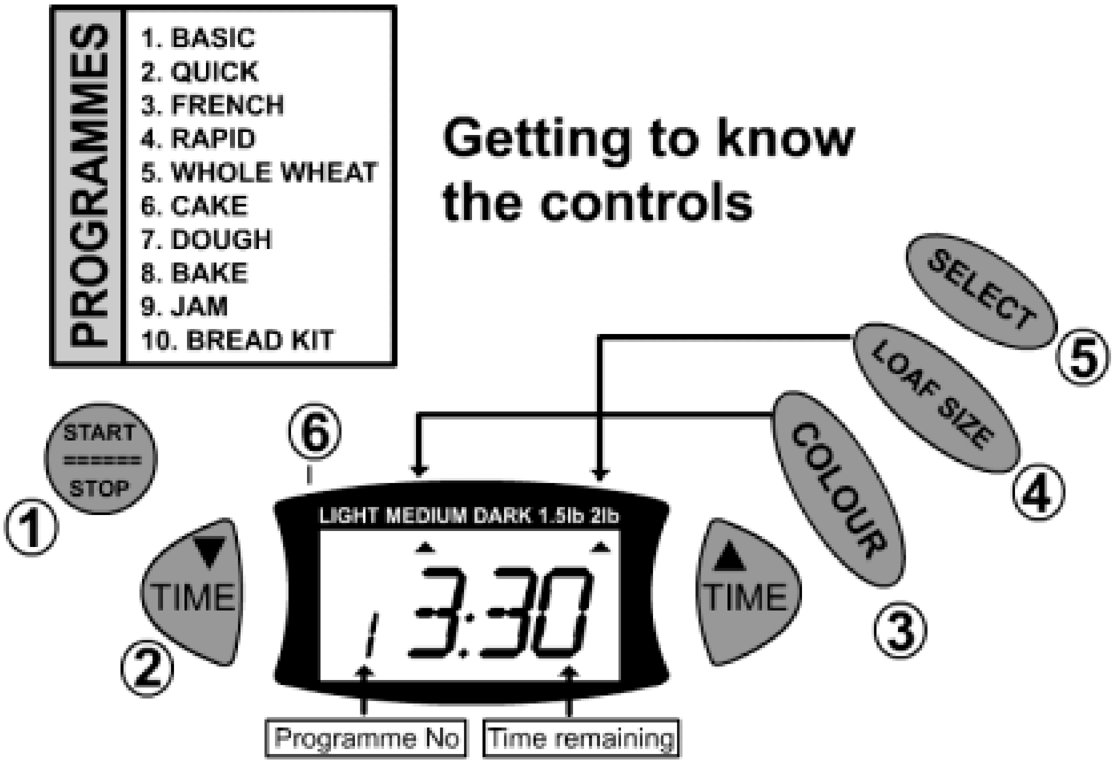
1 measuring cup. You can use this cup for measuring the liquid ingredients or you can use your own measuring jug as long as it's graduated in ml.

1 measuring spoon. The quantities of sugar, oil & some other ingredients in these recipes are based upon this metric tablespoon (15ml – large end) and metric teaspoon (5ml – small end)

This book. …which you wouldn't be reading if it wasn't included of course!

Open the lid & familiarise yourself with removing & replacing the bread pan. Note that the pan must be properly inserted into the machine before the drive cogs can make proper contact with the kneading shafts. Next, insert the kneading blades (1 large & 1 small). It doesn't matter which way round they go. As you place them over the kneading shaft, rotate them until they lock into place.

THE CONTROLS 16



1. **START/STOP button**. Starts the programme (of course). To stop the programme part way through you need to press and hold this button for 3 seconds. After which, the machine will reset to programme 1.
2. **Time selector**. For use when setting the delay timer (see section of timer operation
3. **Colour**. Press to select crust colour between light, medium & dark. The arrow on the display (6) will point to the colour you have selected. **NB: crust colour cannot be changed in 'Bread Kit' mode.**
4. **Loaf size**. Select between 1.5lb and 2lb loaf size. The small arrow will move to indicate your current selection.
5. **Select.** Main selector control. Press to cycle through each programme. The programme number is shown on the display (6)
6. **Display.** Shows time remaining, programme selected, crust colour and loaf size.

• LET'S PRESS SOME BUTTONS! 17

Connect the machine to the mains for the first time & see the following display:



This indicates that the BASIC programme (1) for the 2LB loaf at MEDIUM crust is selected. The process time is 3 hours 30 minutes.

Press the **SELECT** button once. The display will look like this:



This indicates that the QUICK programme (2) is selected. The process time has decreased to 1hour 58 minutes. And the MEDIUM crust colour is selected. **NOTE: The loaf size option is not available in quick mode.** If you press the **COLOUR** button the arrow indicating the crust colour selection will move across and point to DARK, indicating that dark crust is selected. Pressing again will move the arrow to the LIGHT setting. Press once more and the arrow will go back to the MEDIUM setting.

Feel free to press some more buttons to familiarise yourself with the control interface.

• THE PROGRAMMES 17

Please see below a summary of all the other modes/programmes.

DISPLAY	FUNCTION
	**1. BASIC**. This is the programme shown when the machine is first switched on. This is a good, general-purpose programme for white or brown bread. Most of the recipes use this programme.
	**2. QUICK** bread setting. Uses shorter steps to make bread in a shorter time. **Note:** Loaf size is not available in this mode.
	**3. FRENCH.** This setting is slightly longer than the BASIC programme due to the extra kneading and rising time required to give the loaf a ‘airy’ texture characteristic of French bread. (Does not come out in sticks!) **NOTE:** Loaf size cannot be altered in this mode.
	**4. RAPID.** This mode is similar to the QUICK programme in that the steps are shorter for a faster process time. **NOTE:** Loaf size cannot be altered in this mode. Quick mode is good for the gluten-free recipes.
	**5. WHOLE WHEAT**. This mode spreads the kneading and rising steps to give better results with the low gluten content whole wheat/whole meal flour.

● PROGRAMMES cont. 17

<table>
<tr><th>DISPLAY</th><th>FUNCTION</th></tr>
<tr><td>
</td><td>6. CAKE. Programme for making cakes. Note: The crust colour control is available in this mode.</td></tr>
<tr><td>
</td><td>7. DOUGH. Performs all the steps of kneading and rising but omits the bake cycle. Note: Crust colour control and loaf size selection are not available.</td></tr>
<tr><td>
</td><td>8. BAKE. Stand-alone bake cycle. Good for baking pre-made dough etc.</td></tr>
<tr><td>
</td><td>9. JAM. Mixing and heating programme ideal for jam making.</td></tr>
<tr><td>
</td><td>10. BREAD KIT. Programme specially designed for pre-packed bread mixes.</td></tr>
</table>

CYCLE CHART FOR MODEL ABM7 – all figures in hours/minutes

	BASIC		QUICK	FRENCH	RAPID	W/WHEAT		CAKE	DOUGH	BAKE	JAM	BREADMIX	
	2LB 3:30	1.5LB 3:20	1:58	3:50	1:52	2LB 3:40	1.5LB 3:30	2:00	1:50	1:00	1:00	2LB 3:20	1.5LB 3:09
PREHEAT Motor is idle	20	17	5	22	3	40	37	Skip	22	Skip	15	22	11
STIRRING	3		3	3	3	3		3.5	3	Skip	45+ (heater on)	3	
KNEAD 1	2		2	2	2	2		20.5	2	Skip	Idle 20 (heater off)	2	
KNEAD 2 Heater at 25°c	13 Fruit signal at 2:57 (2lb) 2:50 (1.5lb)		20 Fruit signal at 1:33	16 Fruit signal at 3:12	5 No fruit signal	13 Fruit signal at 2:47 (2lb) 2:37 (1.5lb)		Skip	16	Skip	N/A	13 Fruit signal at 2:45 - both loaf sizes	
RISE 1 Heater on/off @ 25°C	45		Skip	45	Skip	45		Skip	Skip	Skip	N/A	45	
RISE 2	19		7	26	7	19		Skip	45	Skip	N/A	19	
RISE 3	46		26	51	27	36		Skip	22	Skip	N/A	40	
BAKE	62	55	55	65	65	62	55	80 plus 16 mins idle time	Skip	60	N/A	56	
KEEP WARM Not incl'd in total time	60		60	60	Skip	60		Skip	Skip	60	N/A	60	
TIMER	13HR		N/A	13HR	N/A	13HR		N/A	13HR	13HR	N/A	13HR	

• HOW TO USE THE TIMER 19

The most common use for the timer is to make a loaf overnight so it will be ready in the morning. Many people also programme the timer so the loaf is ready when they get home from work. However you use the timer, it's a lot easier to set than most video recorders!

Once you have selected your desired programme, simply press the **TIME** (up) button on the control panel and the figure on the display will increase by 10 minutes. This way you can delay the **end** of the programme to suit your requirements. The important thing to remember is that whatever the display reads is the time from pressing START to when the loaf will be ready.

For example: After selecting the required programme, if you keep pressing the **TIME** button until the display reads 5:00 then press START it will be 5 hours before the loaf is ready. If you press the **TIME** (up) button some more and the display reads 8:10 then (you've guessed it) the loaf will be ready in 8 hours and 10 minutes.

To save wear & tear on your index finger you can press & hold the **TIME** (up/down) buttons to scroll quickly to your desired setting.

NOTES:

- The maximum time you can select is 13:00.
- Once you have pressed START you cannot alter the timer.
- If you need to reset the timer press START/STOP button for 3 seconds and the machine will reset, after which you can re-select your programme and delayed time accordingly. **NB.** You should not do this if the process is past the first kneading.
- Do not use perishable ingredients like milk or eggs when using the delay timer as these will spoil whilst sitting in the bread pan.
- You cannot reduce the delayed time to less than the process time.

• YOUR FIRST LOAF 20

Before we start, if you have skipped forward to this part of the book and not read the preceding pages like the rest of us then shame on you! You may be about to waste some flour!

The following recipe is for a basic white loaf. Even if you do not usually eat white bread we strongly recommend you make this as your first loaf because it is easiest. It will give you a good feel for the machine and when you remove your perfect loaf you'll want to show it off to your friends or relatives who invariably waste no time at all in eating it!

Follow the steps in the exact order shown on the next page. The illustrations should help you stay on the right track. You will need the following ingredients to hand:

Water	**250ml**
Strong white bread flour	**460g**
Butter or margarine	**2tbps**
Sugar	**2tbsp**
Salt	**2 tsp (NOT tbsp!)**
Yeast (sachet type)	**2½ tsp (usually 1 full 7g sachet)**

This will make a 1½ lb loaf

Use good kitchen scales to measure the flour. Use the measuring cup provided for the liquid or, if you prefer, any measuring jug that's calibrated in ml.

Tip: When measuring the water and the flour it is a good idea to check your measurement twice to make sure you are adding the right amount. Model illustrated is ABM6.

• METHOD 20.1



1. REMOVE BREADPAN FROM MACHINE BY HOLDING BOTH SIDES AND PULLING UPWARDS



2. FIT THE KNEADING BLADES. 1 LARGE & 1 SMALL – MAKE SURE THEY'RE FITTED PROPERLY OVER THE SHAFTS OR THEY WON'T MIX THE DOUGH



3. ADD THE WATER FIRST. THIS IS VERY IMPORTANT.



4. ADD THE FLOUR AND ENSURE THAT IT COVERS THE WATER AS MUCH AS POSSIBLE.



5. ADD THE SUGAR USING THE SPOON PROVIDED. IT IS BEST TO PUT THE SUGAR IN ONE OF THE CORNERS OF THE BREADPAN.



6. ADD THE BUTTER/MARGARINE



7. ADD THE SALT, PREFERABLY NEAR AN EDGE OR IN A CORNER



8. MAKE A SMALL HOLE IN THE FLOUR WITH YOUR FINGER, AWAY FROM THE SALT, BUT NOT DOWN TO THE WATER.



9. POUR THE YEAST INTO THE HOLE. THIS KEEPS THE YEAST DRY & AWAY FROM THE SALT.

Notes:

• METHOD cont. 20.1



10. PLACE THE BREADPAN INTO THE MACHINE & ENSURE IT LOCKS FIRMLY INTO PLACE.



11. CLOSE THE LID & SELECT **BASIC** MODE (1) IF YOU'VE JUST SWITCHED ON THE MACHINE THE BASIC MODE WILL BE SELECTED ALREADY. THE DISPLAY SHOULD READ AS SHOWN ABOVE. **PRESS THE LOAF SIZE (4) BUTTON** SO THE SMALL ARROW IS POSITIONED UNDER THE 1.5LB SETTING. PRESS **START**

12. **THE MOTOR DOES NOT RUN RIGHT AWAY** THE FIRST STEP IS PREHEAT. THIS IS WHERE THE MACHINE BRINGS THE PAN AND IT'S INGREDIENTS UP TO ROOM TEMPERATURE BEFORE THE PROCESS STARTS.



13. CHECK THE DOUGH 5-10 MINUTES INTO THE KNEADING – IT SHOULD LOOK SOMETHING LIKE THIS.



14. WHEN THE PROCESS IS COMPLETE THE DISPLAY TIME WILL READ ZERO. YOU CAN NOW REMOVE YOUR FINISHED LOAF. **USE OVEN GLOVES OR A THICK TEA TOWEL TO REMOVE** - THE BREAD PAN WILL BE VERY HOT!



15. REMOVE THE LOAF FROM THE PAN AS SOON AS POSSIBLE. THE BEST WAY TO DO THIS IS TO TURN THE PAN UPSIDE DOWN AND SHAKE IT GENTLY WHILE SUPPORTING THE LOAF.

LEAVE TO COOL ON A WIRE TRAY FOR AT LEAST 20 MINUTES BEFORE SLICING.

If the loaf proves difficult to remove try turning the small drive pegs under the pan. This will loosen the kneading blade slightly and allow for easier removal of the loaf.

TIP: It's common, after a few uses for the kneading blades to consistently stay on the drive shaft rather than come out in the loaf. If you find the kneading blades are firmly fixed to the shaft, don't worry – most people leave them there because there's less chance of losing them that way! If you really must remove the blades, fill the pan with warm water (just covering the blades) and leave to soak for an hour.

• HOW DID IT TURN OUT? 21

If you followed the steps on the previous pages you should have a loaf that looks and tastes great. If not then the following information should help you identify what went wrong. If you have a failed loaf at any time in the future you can guarantee that the reason is here in these next few paragraphs.

• Frequently asked questions 22

PROBLEM	CAUSE
The motor did not run when I pressed START	It's not supposed to. All the programmes start with a pre-heat step that ensures all the ingredients are at the right temperature before the process starts.
The machine beeped part way through the process.	This is the signal to add other ingredients like fruit or nuts. Some of the recipes call for extra ingredients. Refer to the appropriate recipe for more information.
I tried to make another loaf straight after the first but the process wouldn't start.	The machine must be allowed to cool thoroughly before another loaf can be made. The machine will show the word **H:HH** on the display panel until it has cooled properly.
What does the 'keep warm' sign mean when the loaf is finished?	The Keep Warm function prevents condensation from forming on the loaf after the bake cycle has finished. You can remove the loaf during the Keep Warm period then press **START/RESET** button to reset the machine.
What if the power is interrupted accidentally during the process?	The ABM7 will resume from where it left off as long as the power is restored within 30 minutes. After this, it is likely that the ingredients will have spoiled anyway.

• PROBLEMS? Sunken loaves. 22.1

Typically, what happens is the dough will rise very well then sinks just as the baking process starts. Most of the time, this is because the dough was not strong enough. Whilst the yeast is still producing gas a weak dough will maintain a good shape but once the yeast is killed by the baking process, the loaf can sink under it's own weight.

1. The mixture is too wet causing weak dough.

a. Too much water/not enough flour. This will make the dough sloppy. Check the pictures on the previous page. The dough should be soft but firm.
b. Use the recommended brands of flour and yeast at first. Other brands may need some adjustment to the ingredients. Some types of flour absorb less water than those recommended. In this case add an extra 50g of flour to make the dough thicker.
c. You're not using ordinary plain flour are you?

• SUNKEN LOAVES cont. 22.1

2. The gas bubbles produced by the yeast are escaping!

a. Remember the protein called gluten? (sec. 4). Dough without gluten is like water without soap; you cannot make bubbles in it. All the recommended white flour brands have sufficient gluten to make good dough. Other brands may not. If you are using whole meal, brown or bread flour from other sources, you may obtain better results with the WHEAT setting as this provides the extra kneading required to release the gluten.

3. The yeast is dead or has gone off.

a. If you use warm water the yeast may be exhausted before the rising process is complete. Tap water is usually fine. Be extra careful that the yeast does not come into contact with the water before the mixing process starts. This is particularly important when using the timer.
b. Check best before date on yeast sachet. If it is close to expiry it would be best to buy some more.
c. Avoid using yeast from sachets that are already opened. Use a new sachet every time.

• MY LOAF DID NOT RISE! 22.2

Many of the reasons why bread doesn't rise are outlined above. But first, let us eliminate the obvious:

a. Whole meal & brown loaves seldom rise as well as white.
b. You did put the yeast in didn't you? It's easy to forget.
c. A common error is mistaking teaspoons of salt for tablespoons. The yeast will not work well if you put too much salt in.
d. Both the flour and the yeast must be in good condition.
e. The mixture may have been too dry. Add 1 tablespoon of water to the mixture if necessary.
f. If you feel that the yeast should be increased then only add an extra ½ tsp.

• THE LOAF ROSE TOO HIGH AND STUCK TO THE LID! 22.3

Usually caused by too much yeast, too much water or flour, or forgetting to add the salt. Salt keeps the yeast in check – without it the yeast can cause the loaf to over-rise.

Remember: Nothing the machine does will prevent good dough from rising properly

• CLEANING 23

Bread Pan & Kneading Blades
The most important thing when cleaning your Home Bakery is to keep the non-stick coating of the bread pan and kneading blades in good order. Never use metal utensils to remove loaves, cakes or jam from the bread pan, as this will damage the non-stick coating.

Avoid using strong detergents and don't put the pan or kneading blades in the dishwasher. The strong detergent used in dishwasher tablets or liquids can damage the non-stick coating in the long term. If you can get away with just using water to clean the pan then just use water.

After making a loaf a simple wipe round the pan with a damp cloth should be sufficient. If necessary, you can part fill the pan with water and leave it to soak for an hour (but no longer) to release any stubborn dough/bread fragments.

After making a cake or jam it is very likely that the bread pan will need to be soaked. However, avoid immersing the whole pan in water as this may damage the seals under the kneading blade shafts. The best method is to simply fill the pan with water, leave to soak for an hour then wipe round with a cloth. Jam can be particularly stubborn so use hot water and a tiny amount of washing up liquid if absolutely necessary.

The oven
Since most of the ingredients are loaded into the bread pan away from the oven it should not need to be cleaned too often. However, if you have an accidental spill or overflow, **wait for the oven to cool completely** then wipe round with a damp cloth moistened with a mild detergent solution then wipe dry.

The Machine
A simple wipe with a cloth moistened in a mild detergent solution should be sufficient.

IN ALL CASES ALWAYS ENSURE THAT THE MACHINE IS COLD AND DISCONNECTED FROM THE MAINS SUPPLY BEFORE CLEANING

• RESOURCES 24

Barbara's Kitchen
For further information about the Gluten Free recipes used in this book contact: **Barbara's Kitchen.** Tel: 01443 229304. You can also obtain XANTHAN GUM from here.

Wrights Bread Mixes
All of Wrights bread mixes give excellent results in the ABM6. Simply follow the recipe on the back of the packet & select BREAD MIX mode.
For more information about Wrights products call: 0800 0640100

Marriages
Marriages make an excellent range of flours, mostly available in health food shops. If you experience any difficulty in obtaining this flour contact them on: 01245 354455

Claybrooke Mill
If you want to buy gluten to use as a natural additive for low protein flours such as whole meal, Claybrooke was the only place we could find. Their number is: 01455 202443

One of the very best resources for additional recipes, hints & tips is the Internet of course. There are sites with literally thousands of bread maker recipes that can easily be adapted for your machine.

Start at:

www.prima-international.com

Home Bakery Recipes

ABM7

BASIC WHITE BREAD

2lb (use half these measures for 1lb loaf)		1.5lb	
Water	310ml	Water	260ml
Strong white flour	560g	Strong white flour	460g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Sugar	2 tbsp	Sugar	2 tbsp
Butter/oil	3 tbsp	Butter/oil	3 tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

Select BASIC (1) programme for best results. For 1.5lb option press LOAF SIZE button. You can use QUICK (2) setting if you want the bread to be ready in a shorter time. The loaf will be a little smaller because the QUICK programme uses shorter steps.

A note about the LOAF SIZE button:
The loaf size option is only available where it has been deemed advantageous to extend certain steps to accommodate larger quantities. With certain types of bread (eg French) it makes no difference so the option to select a loaf size is not available. Use the same programme regardless of loaf size.

White Flour Recipes

FRENCH BREAD

This recipe will produce bread that has the light, crusty texture characteristic of French bread.

2lb (use half these measures for 1lb loaf)		**1.5lb**	
Water	310ml	Water	260ml
Strong white flour	560g	Strong white flour	460g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Sugar	2 tbsp	Sugar	2 tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

Select FRENCH (3) programme for best results. Remember LOAF SIZE option is not available in this mode. The programme will work just as well with 2lb or 1.5lb loaf. You can also use QUICK (2) setting if you want the bread to be ready in a shorter time. The loaf will be a little smaller because the QUICK programme uses shorter steps. **NOTE: there is no fat/oil in the French loaf**

EGG BREAD

In this recipe 2 eggs are used in place of some of the water. We do not recommend that you use the delay timer for this recipe as the ingredients may spoil before the process starts.

2lb (use half these measures for 1lb loaf)		**1.5lb**	
Eggs	3	Eggs	2
(make up to 310ml with water)		(make up to 260 ml with water)	
Strong white flour	560g	Strong white flour	460g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Sugar	2 tbsp	Sugar	2 tbsp
Butter/Oil	4 tbsp	Butter/Oil	3 tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

Method: When adding the eggs, put them into a measuring jug then top up with water to 310ml or 260ml according to which loaf size you are making. Use BASIC (1) setting for best results. For 1.5lb option press LOAF SIZE button. You can also use the QUICK (2) programme if you wish.

MILK LOAF

In this recipe milk is used in place of the water. We do not recommend that you use the delay timer for this recipe as the ingredients may spoil before the process starts.

2lb (use half these measures for 1lb loaf)		1.5lb	
Milk	310ml	Milk	260ml
Strong white flour	560g	Strong white flour	460g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Butter/Oil	3 tbsp	Butter/Oil	2 tbsp
Sugar	2 tbsp	Sugar	2 tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

Use BASIC programme for best results. You can use the QUICK programme for this recipe. The loaf will be ready in a shorter time but will be a little smaller because the QUICK programme uses shorter steps.

HERB BREAD

Herb bread tastes and smells fantastic. The only limit here is your imagination! You don't have to use everything listed below. Feel free to add or omit herbs according to your taste. Sometimes the herbs can have an effect on the action of the yeast so a slightly smaller loaf is not unusual.

2lb (use half these measures for 1lb loaf)		1.5lb	
Water	330ml	Water	270ml
Strong white flour	560g	Strong white flour	460g
Salt	1 tsp	Salt	1 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Olive oil	3 tbsp	Olive oil	2 tbsp
Sugar	2 tbsp	Sugar	2 tbsp
Tarragon	1 tsp	Tarragon	1 tsp
Basil	1 tsp	Basil	1 tsp
Oregano	1 tsp	Oregano	1 tsp
Parsley	1 tsp	Parsley	1 tsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

All the herbs listed above are of the dried variety. If you want to use fresh herbs they should be finely chopped and use double the quantities listed above. Use BASIC (1) or WHOLE WHEAT (5) programme for best results. We don't recommend the QUICK (2) programme for this recipe.

ITALIAN STYLE BREAD

One of the most popular savoury bread recipes! This recipe requires ingredients to be added **part way** through the programme. Whenever heavier ingredients are called for such as chopped nuts or dried fruit etc, it is best to add these part way through the second kneading step. The reason for this is because we want these ingredients to retain their shape and to distribute evenly throughout the loaf. If we added these ingredients at the start, the powerful kneading action of the machine would chop them into tiny pieces and force them to the bottom of the dough!

The Prima Home Bakery will beep to remind you to add these ingredients Refer to the chart (p15) for the timings but expect the beep towards the end of the second kneading step. On the BASIC (1) programme the beeps will sound when the clock reads 2:57 for a 2lb loaf and 2:50 for 1.5lb loaf. If you are using any other programme add these ingredients about 5 minutes before the end of the second kneading step (refer to chart).

2lb (use half these measures for 1lb loaf)		**1.5lb**	
Water	310ml	Water	240ml
Strong white flour	560g	Strong white flour	460g
Salt	1 tsp	Salt	1 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Olive oil	3 tbsp	Olive oil	2 tbsp
Sugar	2 tbsp	Sugar	2 tbsp
Basil	2 tsp	Basil	2 tsp
Oregano	2 tsp	Oregano	2 tsp
Tomato paste	3 tbsp	Tomato paste	2½ tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp
2-4 tbsp chopped olives – add these at the beeps (refer to chart for timings)		2-4 tbsp chopped olives – add these at the beeps (refer to chart for timings)	

Use the BASIC programme for best results. When you do add the chopped olives simply lift the lid and sprinkle evenly over the dough then close the lid.

CINNAMON & RAISIN BREAD

This recipe also requires ingredients to be added part way through the programme. See previous recipe for details.

2lb (use half these measures for 1lb loaf)		**1.5lb**	
Water	310ml	Water	260ml
Strong white flour	560g	Strong white flour	460g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Butter/Oil	3 tbsp	Butter/Oil	2 tbsp
Sugar	2 tbsp	Sugar	2 tbsp
Cinnamon	4 tsp	Cinnamon	3 tsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp
Add 50g of raisins at the beeps. You can also add ¼ cup of chopped apple if you wish.		Add 50g of raisins at the beeps. You can also add ¼ cup of chopped apple if you wish.	

Use BASIC programme for best results.

APRICOT BREAD

2lb (use half these measures for 1lb loaf)		**1.5lb**	
Water	310ml	Water	260ml
Strong white flour	560g	Strong white flour	460g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Butter/Oil	4 tbsp	Butter/Oil	3 tbsp
Sugar	4 tbsp	Sugar	3 tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

Method: Use the BASIC programme. At the beeps add:

70g Dried apricots (chopped)
50g Pecans (chopped)
70g Old fashioned oatmeal

SODA BREAD

A non-yeast bread perfect for the RAPID programme but you can use the CAKE programme too if you wish.

Add the following the bread pan:

350g white plain flour
350g plain wholemeal flour
2 tsp Bicarbonate of soda
1 tsp Salt
450ml buttermilk

Set machine to RAPID or CAKE programme.

BROWN & WHOLE MEAL/WHOLE WHEAT RECIPES

For the purposes of these recipes you can consider whole meal and whole wheat flour to be the same thing. It is of paramount importance to select the flour you use wisely. People often buy plain brown or plain wholemeal flour in the belief that it will suffice for bread making – sadly it won't. Whichever brand you buy it **must** have the words 'strong' or 'for bread making' on the packet.

BASIC WHOLE MEAL LOAF

2lb (use half these measures for 1lb loaf)		**1.5lb**	
Water	320ml	Water	260ml
Strong whole meal flour	400g	Strong whole meal flour	340g
Strong white flour	160g	Strong white flour	120g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Butter/Oil	3 tbsp	Butter/Oil	2 tbsp
Sugar (brown is best)	3 tbsp	Sugar (brown is best)	2 tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

Use the WHOLE WHEAT programme (5) for best results. You can substitute the white flour for whole meal to make a 100% whole meal loaf but increase the water by 1 tbsp for 2lb loaf or 2 tsp for the 1.5lb recipe. With certain types of flour you may find that the BREAD MIX (10) or FRENCH (3) works well.

BASIC BROWN LOAF

2lb (use half these measures for 1lb loaf)		**1.5lb**	
Water	320ml	Water	270ml
Strong brown flour	560g	Strong white flour	460g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Butter/Oil	3 tbsp	Butter/Oil	3 tbsp
Sugar (brown is best)	3 tbsp	Sugar (brown is best)	2 tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

For this recipe you can either use the BASIC (1) or WHOLE WHEAT (5) programmes.

HONEY WHOLE MEAL

2lb		**2.5lb**	
Water	300ml	Water	240ml
Strong whole meal flour	400g	Strong whole meal flour	340g
Strong white flour	160g	Strong white flour	120g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Butter/Oil	3 tbsp	Butter/Oil	2 tbsp
Honey	4 tbsp	Honey	3 tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

Use the WHOLE WHEAT programme for this recipe. Adding ¼ cup of chopped nuts at the beeps enhances taste & texture.

GRANARY LOAF

3lb		2.5lb	
Water	310ml	Water	260ml
Granary flour	560g	Granary flour	460g
Salt	2 tsp	Salt	2 tsp
Dried Milk (optional)	2 tbsp	Dried Milk (optional)	2 tbsp
Butter/Oil	3 tbsp	Butter/Oil	2 tbsp
Sugar	2 tbsp	Sugar	2 tbsp
Dried sachet yeast	2 1/2tsp	Dried sachet yeast	2 1/2tsp

Use the BASIC (1) programme for this recipe.

EUROPEAN BLACK BREAD

This loaf is well worth the effort but we don't recommend that you try it as your first loaf!

2lb only	
Water	370ml
Cider vinegar	2 tsp
White flour	400g
Rye flour	160g
Oat bran	100g
Butter	2 tbsp
Sugar	2 tbsp
Salt	1 tsp
Caraway seeds	4 tsp
Dried minced onion	4 tsp
Cocoa powder (unsweetened)	4 tbsp
Dried sachet yeast	2 1/2tsp

Use the WHOLE WHEAT programme for this recipe.

CAKES

If you want to use smaller quantities than those shown here, you may need to stop the bake step early. If using a cake mix you should use a MINIMUM of 400g. Use the CAKE programme for all the recipes on this page.

BASIC MADIERA CAKE

Butter	**280g**
Caster sugar	280g
Eggs (medium)	4
Self raising flour	460g
Vanilla essence	2 tsp
Lemon juice	2 tbsp
Baking soda	2 tsp

Use the CAKE programme for this recipe. We recommend that you chose the LIGHT crust setting for your first attempt. Add dried fruit if you wish.

RICH CHOCOLATE CAKE

Castor sugar	300g
Butter	200g
Eggs	4 medium size
Vanilla essence	2 tsp
Cocoa	200g
Self raising flour	400g
Salt	½ tsp
Baking powder	1 tsp

COCONUT CAKE

Soft brown sugar	300g
Butter	200g
Eggs	4(medium)
Self raising flour	400g
Baking powder	3 tsp
Salt	1/2 tsp
Milk	50ml
Desiccated coconut	50g

BREAD DOUGH

The dough modes will perform the kneading some of the rising steps for you. When the dough is ready you perform the final rising outside the machine and bake in a conventional oven.

PIZZA BASE

Makes 2 x 12" bases

Water	**240ml**
Strong white flour	460g
Olive oil	2 tbsp
Strong wholemeal flour	3 tbsp
Sugar	1 tbsp
Salt	2 tsp
Yeast	2 tsp

Use the DOUGH programme. When the process is complete remove the dough from the bread pan and cut into two equal pieces. On a floured surface, roll into Pizza rounds and pinch around the edges to make a small rim. Place on a lightly greased baking tray and cover with sauce, cheese and other toppings. Bake at 180°C (gas 5) for 15-20 minutes. (Check progress after 15 minutes).

Tips: You can substitute some or all of the flour for wholemeal or brown. You can add 1 tsp of basil or oregano and ¼ cup of Parmesan cheese for extra flavour. There are quite a few pizza & taco seasonings available, which can be added (2 tbsp).

DINNER ROLLS

Makes 10-12 generously sized rolls

Use the basic white bread recipe as the basis for these dinner rolls.

Select DOUGH programme (7). Meanwhile beat 1 egg.
When the process has finished remove the dough and divide into 10-12 equally sized balls. Place onto a lightly greased baking tray leaving as bigger gap as you can between each roll. Cover and remove to a warm, draught-free place for 30-40 minutes or until rolls are double in size. Brush with the beaten egg glaze.

Bake in pre-heated oven at 180°C (gas 5) for 12-16 minutes.

BAGELS

Add ingredients to pan as per basic white bread recipe. You can substitute up to half the white flour for wholemeal or brown if you wish. Select DOUGH (7). When the process is complete proceed as follows:

Cut the dough into 15-20 equal pieces and roll into balls. Make a 1” (2.5cm) hole in the middle to form a ring shape. Cover and allow to rise in a warm place for 30-40 minutes.

Meanwhile bring 2 litres of water and 2 tbsp of sugar to a gentle boil. When the bagels are ready, add to the water 2 at a time and boil uncovered for 2 minutes turning once.

Place bagels on a lightly greased baking tray and bake in a pre-heated oven for 30 minutes at 180°C (gas 5) – or until golden brown.

CROISSANTS

Ingredients	**Amount**
Water	250ml
Strong white flour	460g
Sugar	2 tbsp
Butter	2 tbsp
Salt	1 tsp
Yeast	2 ½ tsp

You will also need 250g of butter or margarine, 1 egg, a little milk and some cling film.

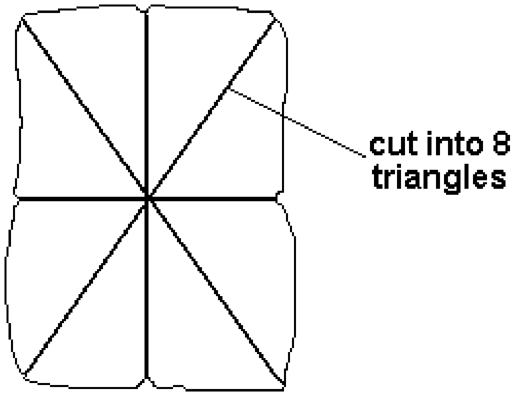
Method: Place the ingredients into the bread pan, select DOUGH mode, press START. Meanwhile, place the butter between two pieces of cling film. Using a rolling pin gently roll the butter until it becomes a 1” thick rectangular slab. Remove to the fridge to chill.

When the dough cycle is complete remove the dough from the machine. On lightly floured surface roll the dough into a rectangle 10” x 12”. Remove the chilled butter slab from the fridge, remove the cling film and lay the butter across the dough in such a way that the dough can be folded over to form a sandwich with the butter in the middle. Roll the dough again into a rectangular sheet 10” x 12”. Try to make sure the butter between the dough spreads out evenly as you go.

Cont.

Next, cut the dough sheet into 8 triangular pieces (see drawing). Starting at the base of the triangle, roll each piece then turn each end in slightly to form the traditional croissant shape. Lay the 8 croissants on a baking tray giving each one as much room as possible. Remove to a warm place for 40-60 minutes to rise.

Pre-heat oven to 200C (gas 6). Brush the top of each croissant with a beaten egg mixed with 2 tbsp milk. Bake for 10-12 minutes or until golden brown.



BREAD MIXES

The ABM7 has a programme, which has been specially developed to get the best out of the increasing number of bread mixes now available in supermarkets. The method is simple:

Follow the instructions on the back of the packet and select the BREAD MIX (10) programme. One thing to consider is that the dried yeast is often mixed in with the flour so most bread mixes won’t work well with the delay timer.

We used Wrights bread mixes for testing the machine, which all gave excellent results.

JAM

The ABM7 makes excellent jam! However, please remember to be extra careful when handling the hot jam.

Fresh strawberries (or just about any fruit)	440g
Sugar (caster or granulated)	630g
Pectin (available in packets in supermarkets)	1 x 13g sachet.

Method: Either crush the fruit manually or use a food processor (preferable). Add fruit to the bread pan and fold in the sugar with a wooden spoon or spatula. Sprinkle the sachet of pectin over the mixture. Close the lid and select the JAM programme.

When the process is complete remove the bread pan. **!!carefully!!**
A layer of foam often develops on top of the jam. Carefully remove this and discard. Pour the remaining mixture into jars/containers and leave to cool before removing to refrigerator.

Tip: It’s a good idea to clean the bread pan as soon as possible after making jam. Caramelised sugar can be quite difficult to remove if left too long.

WHEAT/GLUTEN/DAIRY FREE BREAD

The *Prima Home Bakery* is not confined to wheat or yeast based bread. As mentioned earlier wheat – oats – rye and barley all contain *GLUTEN* and many people are intolerant to these flours.

We would like to thank *BARBARA'S KITCHEN* for supplying us with the following recipes and information.

Barbara's Kitchen will try to adjust all the recipes for your own particular intolerance and can supply you with Xanathan gum, white rice/tapioca starch/potato starch flours if necessary.

FOR FURTHER INFORMATION PLEASE CONTACT:-

BARBARA'S KITCHEN
TEL/FAX 01443 229304
E.MAIL: enquiries@barbaraskitchen.co.uk
WEBSITE: http://www.barbaraskitchen.co.uk

GLUTEN FREE FLOURS AVAILABLE

Sago	**Maize**	**Millett**
Quinoa	**Polenta**	**Sorghum**
Bean flour	**Nut flours**	**Corn flour**
Rice Bran	**Cornmeal**	**Brown Rice**
Sweet rice	**Potato flour**	**Soya flour**
White rice flour		
Potato starch		
Tapioca starch flour (Cassava)		

Use the Prima measuring cup provided with the machine and Prima measuring spoon for the following recipes.

Please measure very carefully.

Making your own bulk supply of flour

This is how to make up a bulk supply of the flours that Barbara chose to use in her recipes. Any combination of gluten free flours allowed for your own intolerance can be used – but results will vary.
Please keep your flour in the freezer/refrigerator. The flour will not go hard, only cold:

EXAMPLE 1
2 CUPS WHITE RICE FLOUR
½ CUPS POTATO STARCH FLOUR
½ CUP TAPIOCA STARCH FLOUR

EXAMPLE 2
6 CUPS WHITE RICE FLOUR
2 CUP POTATO STARCH FLOUR
1 CUP TAPIOCA STARCH FLOUR

EXAMPLE 3
12 CUPS WHITE RICE FLOUR
3 CUPS POTATO STARCH FLOUR
2 CUPS TAPIOCA STARCH FLOUR

ADDITIONAL INFORMATION

Cider vinegar is gluten free and is used as a dough enhancer

Whole Egg Replacer can be substituted for large egg if you are allowed the ingredients.

Check your baking powder is Gluten Free or make your own:-

¼ ozs/7gm Potassium Bicarbonate (from chemist) 2 tsp
4¼-ozs/115gm Potato Starch Flour (Brand name Farina) ¾ CUP

2.5 lb WHITE/BROWN LOAF RECIPE

Gently mix together in a bowl first – except the yeast:

2 1/3 cups white rice flour
½ cup potato starch flour
½ cup tapioca starch flour
1/3 cup extra potato starch or tapioca starch
½ tbsp xanthan gum
2 tbsp sugar
1½ tsp salt

1 sachet dried yeast 2½ tsp (if you find the bread rises too high reduce by ¼ tsp)

Wet ingredients

2 large eggs at room temperature (beaten)
1 tsp cider vinegar (if allowed)
¼ cup sunflower/corn/olive oil
1/3 cup liquid milk (soya-rice-goat-ewe-cow's)

Method

Mix all the wet ingredients together and place in the base of your bread machine. Gently mix all the dry ingredients together (except the yeast) and place on top of the wet ingredients. Sprinkle the yeast on top of the dry mixture. Use BASIC or RAPID programme with your choice of crust setting. On completion of the baking time – remove the loaf from the tin and place on a wire tray to become cold before slicing.

To make a brown loaf, add 1 tbsp molasses to wet ingredients, if allowed by your intolerance.

3lb WHITE-BROWN LOAF

Dry ingredients

Gently mix together in a bowl first – except the yeast

5 cups white rice flour
1 cup potato starch flour
1 cup tapioca starch flour (cassava)
1 cup extra potato starch or tapioca starch
2 tbsp xanthan gum
2 tsp salt or dried herbs
3 tbsp sugar

1 sachet dried yeast 2¼ tsp

Wet ingredients

2 large eggs at room temperature
½ cup organic olive/sunflower/corn oil
1 tsp cider vinegar (if allowed)
1 cup soya/rice/goat/ewe/cow's or allowed milk
1½ cups hand hot warm water

Method

Mix all the wet ingredients together and place in the base of your bread machine. Gently place all the dry ingredient together (except the yeast) on top of the wet ingredients. Sprinkle the yeast on top of the dry mixture.

Use BASIC or RAPID programme with your choice of crust setting. Because this is a large amount of mixture the finished loaves should weigh in at about 3lb 9ozs.
Use a plastic spatula to help turnover and mix the ingredients initially when the machine first starts mixing. On completion of the baking time – remove the loaf from your machine and place on its side on a wire tray to cool. You can slice this loaf very thinly – and it freezes well.

To make a brown loaf add (if allowed) 1tbs
Molasses/treacle with some lemon peel and crushed
Cardammon seeds – this will make a "mock rye" loaf.

Apricot and almond bread

Dry ingredients

Mix together in a bowl first except the yeast

2 cups white rice flour
½ cup tapioca starch flour
½ cup potato starch flour
2 tsp xanthan gum
1½ tsp gluten-free mixed spice
½ cup powdered milk (if using fresh see additional info)
1 tsp salt
¼ cup sugar
½ cup dried apricots (finely chopped after soaking)
¼ cup crushed almonds – or – 1 tsp almond essence

Wet ingredients

3 large eggs at room temperature (beaten)
2 ozs melted butter or allowed margarine/oil
1 tsp cider vinegar (if allowed)
2/3 cup warm water – hand hot
1 cup apricot jam

1 tbs dried yeast (1 sachet which is 2 ¼ tsp)

Method

Mix all the wet ingredients together and place in the bread pan of your bread machine. Gently mix all the dry ingredients together (except the yeast) and place on top of the wet ingredients sprinkle the yeast on top of the dry ingredients use BASIC or RAPID programme with your choice of crust setting.

On completion of the baking time – remove the loaf tin from your machine and leave to cool slightly before removing the loaf. Place on a wire tray to become cold before slicing. Freezes well.

Banana and nut bread

Dry ingredients

2 cups white rice flour
½ cup tapioca starch flour
½ cup potato starch flour
2½ tsp xanthan gum
1 tsp salt
¼ cup powdered milk (if using fresh contact b-kitchen)
1/3 cup sugar
1/3 cup finely chopped nuts (if allowed)

Wet ingredients

1 large or 2 small mashed bananas
2 large eggs at room temperature (beaten)
3 ozs melted butter or allowed margarine
1 tsp cider vinegar if allowed
1 tbs molasses/treacle
1 $^{1}/_{3}$ cups of warm water – hand hot

1 packet of dried yeast (2 ¼ tsp)

Method

Mix all the wet ingredients together and place in the bread pan of the bread machine. Gently mix all the dry ingredients together except the yeast) and place on top of the wet ingredients. Use BASIC or RAPID programme with your choice of crust setting.

On completion of the baking time – remove the loaf tin from your machine and leave to cool slightly on its side on a wire tray to become cold before slicing. Freezes well.

Carrot and pineapple bread

Dry ingredients

2 cups white rice
½ cup tapioca starch flour
½ cup potato starch flour
2 ½ tsp xanthan gum
1 tsp salt
¼ cup powdered milk
¼ cup sugar
1 tsp gluten-free mixed spice
1 tsp gluten-free cinnamon

Wet ingredients

1 cup finely grated carrot
½ cup crushed unsweetened pineapple (tinned) plus juice
2 large eggs at room temperature (beaten)
3 ozs melted butter or allowed margarine/oil
1 tsp cider vinegar (if allowed)
1 1/3 cups warm water (hand hot)

1 packet of dried yeast (2 ¼ tsp)

Method

Mix all the wet ingredients together and place in the bread pan of your bread machine. Gently mix all the dry ingredients together (except the yeast) and place on top of the wet ingredients sprinkle the yeast on top of the dry ingredients use BASIC or RAPID programme with your choice of crust setting.

On completion of the baking time – remove the loaf tin from your machine and leave to cool slightly before removing the loaf. Place on a wire tray to become cold before slicing. Freezes well.

Ploughman's loaf

Dry ingredients

Mix together in a bowl first except the yeast
2 cups white rice flour
½ tapioca starch flour
½ potato starch flour
2½ tsp xanthan gum
1 tsp salt
½ cup allowed powdered milk
2 tsp gluten-free prepared mustard
3 ozs fresh onion (minced) or onion powder to taste
1 cup strong grated cheese
2 ozs sugar

Wet ingredients

3 large eggs at room temperature (beaten
3 ozs melted butter or allowed margarine
1 tsp cider vinegar (if allowed)
1 2/3 cup warm water hand hot

1 packet of dried yeast (2¼ tsp)

Method

Mix all the wet ingredients together and place in the bread pan of your bread machine. Gently mix all the dry ingredients together (except the yeast) and place on top of the wet ingredients sprinkle the yeast on top of the dry ingredients use BASIC or RAPID programme with your choice of crust setting.

On completion of the baking time – remove the loaf tin from your machine and leave to cool slightly before removing the loaf. Place on a wire tray to become cold before slicing. Freezes well.

Spiced apple loaf

Dry ingredients

2 cups white rice flour
½ cup tapioca starch flour
½ cup potato starch flour
3 tsp xanthan fum
1 tsp salt
¼ tsp gluten-free cinnamon
¼ cup sugar or maple syrup
½ cup allowed powdered milk
1 tsp apple spice (if able to obtain)
grated rind of half a lemon

1 large bramley apple-peeled and grated
2 large eggs at room temperature (beaten)
3 ozs melted butter or allowed margarine
4 tsp cider vinegar (if allowed)
1 ½ cups of warm water – hand hot

1 packet of dried yeast (21/4 tsp)

Method

Mix all the wet ingredients together and place in the bread pan of your bread machine. Gently mix all the dry ingredients together (except the yeast) and place on top of the wet ingredients sprinkle the yeast on top of the dry ingredients use BASIC or RAPID programme with your choice of crust setting.

On completion of the baking time – remove the loaf tin from your machine and leave to cool slightly before removing the loaf. Place on a wire tray to become cold before slicing. Freezes well.